

Refried Beans

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained, stock reserved	3 lb 2 oz	1 qt 3 cups (7/8 No. 10 can)	6 lb 4 oz	3 qt 2 cups (1 3/4 No. 10 cans)	1. Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.
OR	OR	OR	OR	OR	
*Cooked dry pinto beans, drained (see preparation note)	3 lb 12 oz	1 qt 3 cups	7 lb 8 oz	3 qt 2 cups	
Chicken or bean stock. non-MSG		1/4 cup 2 Tbsp	3/4 cup		
Vegetable oil		3 Tbsp	1/3 cup		
Chili powder		2 1/2 tsp	1 Tbsp 2 tsp		
Ground cumin		2 tsp	1 Tbsp 1 tsp		
Paprika		1/2 tsp	1 tsp		

2. Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

3. Bake: Conventional oven: 350° F for 30 minutes
Convection oven: 300° F for 20 minutes
CCP not needed if using dry pinto beans and no chicken stock OR if using previously cooked and chilled beans or stock.

4. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

Reduced fat cheddar cheese,
shredded

5 1/2 oz

1 1/2 cups 2 Tbsp

11 oz

3 1/4 cups

5. Sprinkle 5 ½ oz (1 ½ cups 2 Tbsp) cheese over each pan.

Notes

* See Marketing Guide

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Pinto beans, dry	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat.	25 Servings: 3 lb 5 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 6 lb 10 oz	50 Servings: 3 quarts ½ cup

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Nutrients Per Serving					
Calories	81	Saturated Fat	0.99 g	Calcium	85 mg
Protein	5.17 g	Cholesterol	4 mg	Sodium	286 mg
Carbohydrate	8.88 g	Vitamin A	46 IU	Dietary Fiber	2 g
Total Fat	2.88 g	Iron	1.07 mg		